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Network speed in Canadian cities faster than U.S.: Study **PAGE 20**

DEATH BY BUZZ SAW TO THE CROTCH

NO ONE WRITES A KILL SCENE LIKE STEPHEN KING. METRO ROUNDS UP THE BEST/WORST OF THEM ALL **PAGE 26**

THE RUNNING MAN 2013

LEIBOVICI

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COAT COLLECTION

Grade 1 students Morgan Stewart, left, and Jason Pan, from Crestwood School, collected 24 bags of coats to kick-off the annual Coats for Kids and Families campaign running until Dec. 6. Gently used coats can be dropped at any Page The Cleaner outlet in Edmonton, St. Albert and Sherwood Park. Story, page 6. LUCY HAINES/FOR METRO

Feds to introduce Quanto's Law

'The least we can possibly do.' Law to recognize police service animals

STEPHANIE DUBOIS
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Two Edmonton Police Service (EPS) officers were in Ottawa yesterday when the federal government announced it will introduce "Quanto's Law" during the speech from the throne.

Troy Carriere, acting Staff Sgt. of the Edmonton Police Canine Unit, and Quanto's handler Const. Matt Williamson were in the Canadian capital to hear the government announce new legislation in memory of the police dog who died in the line of duty on Oct. 7., according to Edmonton police.

The government said during the speech that the legislation "recognizes the daily risks taken by police officers and



Quanto (pictured) was killed in the line of duty on Oct. 7.
COURTESY OF EDMONTON POLICE SERVICE

their service animals."

The throne speech did not specify what Quanto's Law would entail.

Police complained after Quanto was stabbed during the takedown of a fleeing suspect that the strongest criminal charge that could be laid was cruelty to an animal.

But some say the current legislation is not enough.

"They're not like officers, they don't sign up for this,"

said Steve Kaye, president of the Canadian Police Canine Association. "When you work with them, it's a remarkable experience to see how loyal and dedicated they are. To afford them some measure of protection for trying to uphold what's right in society, that's the least we can possibly do."

A private member's bill to amend the Criminal Code is already before the House of Commons.

Brought forward by Ontario Conservative MP Costas Menegakis, it singles out anyone "who knowingly or recklessly poisons, injures or kills a law enforcement animal," including a horse or dog, and proposes the same five-year maximum imprisonment penalty that animal cruelty carries.

Alberta's justice minister has said he supports the federal bill and that the province is considering changing the Service Dog Act to include provisions that would punish people who harm the animals.

WITH FILES FROM THE CANADIAN PRESS

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Streetscaping

Not all sold on need for Jasper project to keep moving

While one section of Jasper Avenue has gotten its facelift, not everyone is convinced the surgery should continue.

The two-block section from 100 Street to 102 Street along Jasper opened after 18 months of construction Wednesday, but the city's long-term vision is to make similar improvements and extend street-scaping all the way from 97 Street to 111 Street.

That project has not been approved, but it's on the list of projects the downtown arena levy is expected to support.

Tom Hollub, who runs Wener Shoes at 103 Street and Jasper, said he doesn't want to see the plan move any further forward.

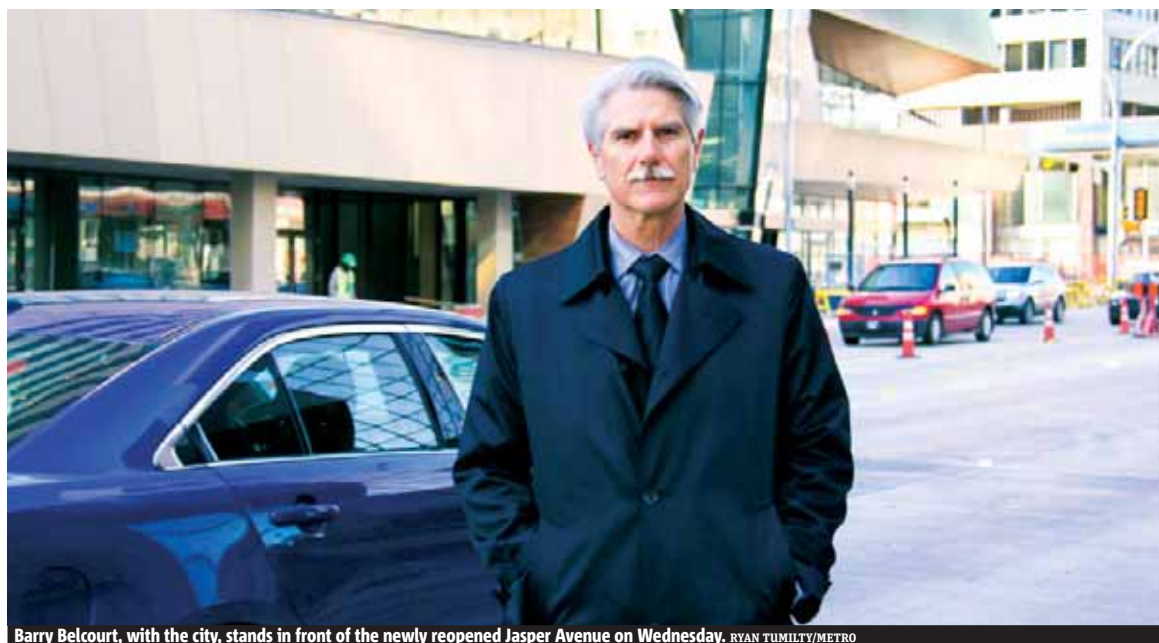
"It's a waste of money. That's all it has ever been over the years when they put these streetscapes in," he said.

Hollub said the city has done this every 10 to 15 years and it has never been the solution to getting people downtown.

"It doesn't bring people downtown. Condos bring people downtown. People living downtown brings people downtown," he said.

Barry Belcourt, the city's branch manager of road design and construction, said future sections would involve less onerous projects because they wouldn't have the same challenges Central LRT station brought to this leg.

He said while there are other stations under Jasper, they don't need the repair job that Central station did. **RYAN TUMILTY/METRO**



Barry Belcourt, with the city, stands in front of the newly reopened Jasper Avenue on Wednesday. **RYAN TUMILTY/METRO**

Jasper Avenue reopens to traffic

Downtown. 18-month project finally wraps up



RYAN TUMILTY
ryan.tumilty@metronews.ca

After 18 months of construction and \$20.9 million, Jasper Avenue has four full lanes of traffic flowing again.

The city reopened the main downtown drag ahead of schedule Wednesday with just a few pylons remaining, as the city waits to paint lines on the stretch.

"The goal is to get the road open as soon as possible,"

The final tally

- The Jasper reopening also marked the end of construction season, with most projects completed or wrapping up.
- The city spent \$265 million on roads this year, with \$87.2 million on arterials, \$166.6 million on bridges and interchanges, and \$12 million to fix pothole-plagued arterial roads.

said Barry Belcourt, the city's branch manager of road design and construction.

Belcourt said the massive project had a lot of work involved because so much of it related to repairs to the top of the Central LRT station.

"This isn't just a road project and a streetscaping project, it was the LRT station at the same time," he said.

Belcourt said some construction inside the LRT station will continue for several weeks, but the roadway will remain open.

The project was initially supposed to allow for all lanes to reopen over last winter, but construction ran into repeated delays.

Belcourt said when they ripped open the roadway, they found surprise after unfortu-

nate surprise that was not included on the plans from the original 1970s construction.

"They were absolutely terrible. There was not a lot of good record keeping," he said.

Businesses in the area were welcoming the end of construction. Jim Taylor, executive director of the Downtown Businesses Association, said it was worth the pain.

He said the construction means Jasper Avenue can return to being the city's main street.

"The K-Days parade could go down Jasper Avenue for the first time in decades and I hope it does," he said. "That is where the parade should be."

1 NEWS

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Leibovici vows a steady hand



Karen Leibovici said she believes she can succeed where others have failed and secure more funding for the city from the province. DARREN KRAUSE/METRO

Election. Four-term councillor says she is an experienced doer among untested talkers



RYAN TUMILTY
ryan.tumilty@metronews.ca

Karen Leibovici insists Monday's election will be about the future of the city.

She said residents are seeing good things happening and that she is the best person to keep things moving.

"Edmontonians want us to continue our momentum. They want us to stay on course," said Leibovici during an editorial board meeting with Metro on Wednesday.

"They are seeing the positive results of being on course."

The four-term councillor insists her opponents represent either untested and reckless ideas or a no-to-everything mentality.

With so much change coming to council — there will be at least six new faces taking seats this election — she said Edmonton needs an experienced hand to make sure the city moves forward on projects like the Southeast LRT, the arena and the Blatchford re-

development.

"Council starts revisiting positions and we stall, and business goes elsewhere," she said.

A big part of Leibovici's plan is to get a better deal for the city from the province, something that Mayor Stephen Mandel has pushed for throughout his time in office.

She points to her success as president of the Federation of Canadian Municipalities as proof she can succeed where others have not.

"The current mayor never built a coalition, and that's what we did at FCM."

Leibovici said when she pushed the federal government to invest more substantially in municipalities, she made the case with towns big and small, along with road builders, chambers of commerce and other groups that wanted to see the investment.

"It's bringing together all of those who benefit from having good solid infrastructure in the city, from having a city that works," she said.

Leibovici believes Kerry Diotte is out of the race and that it's a competition of two. She said people should choose her over Don Iveson on Monday because of her record of getting things done.

"I am a doer and he is a talker."

Press forward

"If we take our foot off the gas pedal, we are going to stall or move backwards."

Coun. Karen Leibovici, explaining why experience and consistency are critical.

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Analysis looks at possible voting outcome

Don Iveson ranked first. Twitter used as proverbial crystal ball

STEPHANIE DUBOIS

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Can Twitter predict the Edmonton election? Social-media experts are saying maybe.

A recent analysis done by the company Full Duplex showed which candidates had more than 100 mentions on Twitter between Oct. 4 and 10, with mayoral candidate Don Iveson pulling ahead.

With the Twitter hashtag #yegvote being used by social-media users this election, experts say Twitter mentions can be a complement to election polls in gauging the popularity

of a candidate.

According to the company's analytics, Iveson had 40 per cent of mentions, with Kerry Diotte at 34 per cent, Karen Leibovici at 22 per cent and Josh Semotiuk at four per cent. All other candidates fell below the 100 mentions required.

As effective as Twitter is, Full Duplex officials said it's hard to tell what will happen on Oct. 21 based solely on social media.

"It's hard to know how effective Twitter is at predicting election outcomes right now," said Mark Blevis, president of Full Duplex and digital public-affairs strategist, adding Twitter election predictions are something that need to be developed still. "I'm not convinced it works in Canada, but that doesn't mean there isn't a needle in the haystack somewhere within the data."



The Twitter hashtag #yegvotes is a commonly used hashtag this election. METRO

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Addressing the need. Annual United Way effort gives warm coats to thousands each winter

Temperatures just above freezing Wednesday reminded Edmontonians of two things: Cold-weather season is here and, as such, it's time to donate gently worn coats and winter gear to the Coats for Kids and Families campaign.

Page the Cleaner has been with the program for 22 years, cleaning more than 210,000 coats for distribution to those without appropriate winter clothing.

"I raised five boys, so I know there's always more month than there is money — this eases that burden," said Jim Maurais, corporate sales manager for Page the Cleaner.

United Way board chair Mona Hale said that while last year Coats for Kids and Families distributed enough coats to fill every second seat at Rexall Place, there are enough people in poverty in Edmonton to fill the arena seven times over, including 37,000 kids.

The Candora Society will



Crestwood School teacher Brennan Bell helps students load a Page the Cleaner van for cleaning coats before distribution. LUCY HAINES/FOR METRO

get 50 bags of coats for distribution this year. "Giving clients a coat or pair of gloves — it makes an impact," said social worker Michelle Ackland.

Besides drop-offs at Page the Cleaners, there are two special donation drives at Rexall Place — at the Oct. 20 Oil Kings game and Nov. 19 at the Oilers game. Most needed are men's coats, infant wear, toques and mitts.

LUCY HAINES/FOR METRO

Campaign kicks off

That time of year: Flu clinics open

With summer in our rear-view mirror and leaves turning, it is also now flu-shot season.

Health officials kicked off the annual campaign Wednesday and are asking all Albertans to get immunized.

Vaccines are available free of charges at doctor's offices, public immunization clinics and some pharmacies.

The province vaccinated 920,000 people last year, but is still looking to improve the overall vaccination rate.

METRO

Vehicle hit

Citizen helps in arrest

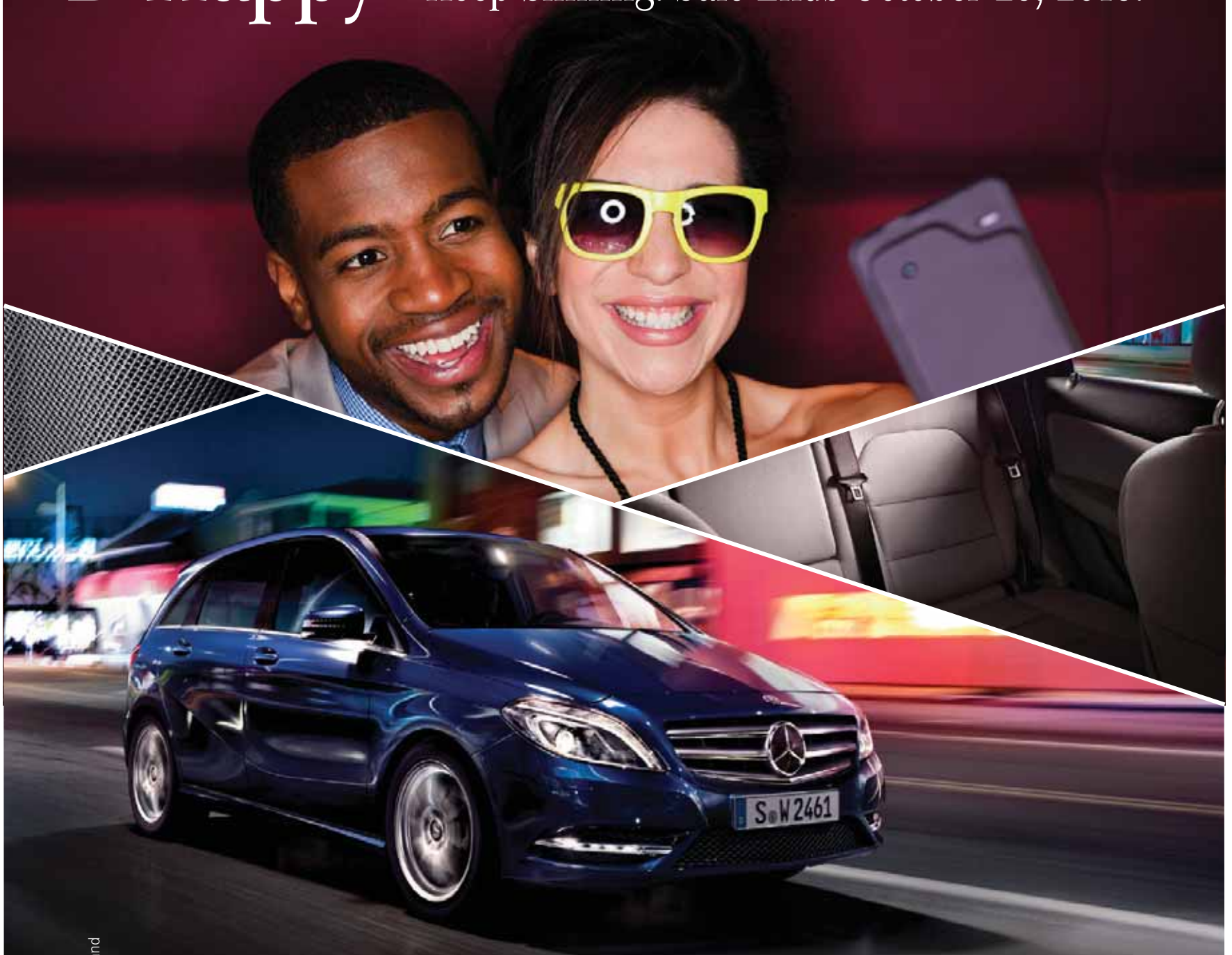
Edmonton police are crediting a citizen with aiding them in the capture of a person suspected of hitting a vehicle with a piece of heavy equipment.

A mother and child were treated for non-life-threatening injuries on Oct. 15 after their minivan was hit by a front-end loader in the area of 109 Street and 107 Avenue just after 5:30 p.m.

Mitchell Charuk, 45, is charged with failing to stop at the scene of an accident after witnesses saw him flee the minivan crash site. One citizen detained the driver for police. METRO

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Why did the Edmontonian cross the road? Ask him when he gets there

What happens when 750 people try to cross the road?

They lose the J. Walker game.

It's been almost two months since the Frogger-like arcade game hit Edmonton streets, yet no one has been able to make it across the road successfully.

Officials estimate over 3,000 people have watched

the game unfold since the gaming consoles were placed on both Jasper Avenue and Whyte Avenue in August. The online game has had over 1,500 hits to date.

"We're focusing a little bit more on Whyte Avenue, just partially because the bars are a bit closer together and there's more crossing the street back and forth,"

said Angela Turner, the program manager for Responsible Hospitality Edmonton. Whyte Avenue has been the focus in recent weeks, with consoles moved around frequently during the busy Friday and Saturday night bar scene.

The portable video games were first put out on both Jasper Avenue and Whyte

Avenue in August as a way to educate people of the dangers of jaywalking. Game players have to navigate a human avatar through busy city streets without getting struck.

The game will be on city streets until the end of the month but can also be played online at www.notagame.ca.

STEPHANIE DUBOIS/METRO



Officials estimate the J. Walker game has been watched by about 3,000 people since it was first launched. METRO FILE

Candidates spar at mayoral forum

Four days left. Voting records on arena deal focus of attention



RYAN TUMILTY
ryan.tumilty@metronews.ca

With just days before the election on Oct. 21, Edmonton's leading candidates for mayor took aim squarely at each other in a CBC-sponsored forum.

The arena deal, the LRT and taxes were all centre stage as candidates debated the issues and their records.

When asked to explain their voting records on the arena deal, Karen Leibovici said she had consistently

supported the project and singled out for criticism Don Iveson.

"The reality is that if everyone had voted the way you had voted from the beginning, we would never have got there," she said.

Iveson defended his record and said he took a firm line to improve the deal.

"If everyone had voted the way you had voted we would have paid more for it, because you capitulated at every opportunity," he responded.

Diotte held out his record of voting consistently against the deal.

"Don flip-flopped over it. He said it was a bad deal and then voted for it anyway," he said.

Leibovici also targeted

Iveson's proposal to have the city invest in communities that welcomed new infill developments.

"Those communities that waited 40 or 50 years to get their community rehabilitated and now we are going to award other communities to jump over them," she said.

Iveson said that was a distortion of his position and said he only believes the city would have to invest in communities that were growing by accepting new development.

"We might prioritize the community that is prepared to take new density on the basis of need. You might need to upgrade infrastructure to sustain new development," he added.



Sacrificing bum comfort for a good cause

U of A students and fraternity brothers Sam Maloney, left, and Sean Macgregor of Phi Delta Theta are raising money for ALS (commonly known as Lou Gehrig's disease) by teetering and tottering for 24 hours.

LUCY HAINES/FOR METRO

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LUCY HAINES
edmonton@metronews.ca

Crisp autumn leaves and frosty mornings are here. It's hot-chocolate weather, and Edmonton has a new chocolatier in town — the self-proclaimed “bad boy” of the industry giving bigger players a run for their money with a simple premise: Make the best chocolate possible locally, to-order and with a focus on taste.

“Most of the chocolate in the world is mass-produced by a few big companies,” said Choklat owner Brad Churchill. “I had no credibility when I started, so I had to make a product that was beyond reproach.”

Worth every penny

\$6

At just under \$6, the whipped-cream-topped hot chocolate at Choklat is a decadent experience — super-rich and flavourful. It comes to town with an award-winning pedigree, what owner Brad Churchill said a true drinking chocolate should be.

Churchill now has many looking at his bean-to-bar approach: No hidden ingredients, simple packaging and made-while-you-watch treats like truffles, dipped in dark or milk chocolate and topped with whatever a customer wants.

And what about that hot chocolate, which beat out over 20 vendors in a “best hot chocolate” competition in Calgary last year?

“Others melt chocolate or add cocoa powder — those have sugar and other addi-

tives. It's the wrong way to make it,” said Churchill, describing his as a true drinking chocolate using milk, cornstarch and imported Venezuelan chocolate that is ground and roasted specifically for the drink.

His variations also come with cinnamon, nutmeg, cloves and, to take it to another level, cayenne pepper.

At Choklat's new store off Whyte Avenue, proprietor Karey Lynn Spenst hopes to entice those wanting a sophisticated yet simple chocolate experience with on-site chocolate and wine-pairing events and parties.

“We're a good fit in the neighbourhood,” said Spenst. “We're local and unique.”

More online

For more news
visit metronews.ca



Karey Lynn Spenst runs Choklat on 104 Street near Whyte Avenue. The former corporate businesswoman is now enjoying a turn as a chocolate maker, creating made-to-order truffles and decadent hot chocolate. LUCY HAINES/FOR METRO



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Canadian among 49 feared dead in crash

Laos. Government says it 'is taking all necessary steps ... in the hope of finding survivors'

A domestic flight crashed Wednesday in Laos and all 49 people on board, including a Canadian, are feared

dead, said the government of the Southeast Asian nation.

The Ministry of Public Works and Transport said 44 passengers from 11 countries and five crew members were aboard Laos Airlines flight QV301 travelling from the Lao capital, Vientiane, to Pakse in the country's south.

"Upon preparing to land

Quoted

"Lao authorities have told our embassy in Vientiane they do not expect any survivors"

Statement from Australia's Department of Foreign Affairs

at Pakse Airport the aircraft ran into extreme bad

weather conditions and was reportedly crashed into the Mekong River," the ministry said in a statement.

A Foreign Affairs spokesman in Ottawa said the department is working closely with local authorities to confirm if Canadian citizens "have been affected."

The Lao government said the airline "is taking all necessary steps to co-ordinate

and dispatch all rescue units to the accident site in the hope of finding survivors."

However, a statement from Australia's Department of Foreign Affairs said "Lao authorities have told our embassy in Vientiane they do not expect any survivors."

Thai Foreign Ministry spokesman Sek Wanna-

methee says his country's embassy in Vientiane was informed that the plane crashed seven to eight kilometres from the airport at Pakse.

Local authorities said the crash is being investigated and the airline hoped to announce its findings on Thursday.

THE ASSOCIATED PRESS WITH FILES FROM THE CANADIAN PRESS

France. Public detainment, expulsion of teen outrages immigrant groups



Leonarda, 15, and Maria Dibrani, 17, left, expelled from France last week, talk on their mobile phones in a shelter house in Mitrovica, Kosovo, Wednesday. VISAR KRYEZIU/THE ASSOCIATED PRESS

Leonarda Dibrani was on a field trip when French police showed up at the bus and detained the 15-year-old in front of her classmates before authorities expelled her to Kosovo because her family's asylum application had been rejected.

The incident, which happened earlier this month, has sparked outrage from immigrant groups and others who say police went too far in publicly shaming the teenager. It has also been an embarrassment for President Francois Hollande's government, which has tried to distance itself from conservative predecessor

Nicolas Sarkozy, known for his tough immigration policies.

Now, Dibrani, who was expelled with her family, says she just wants to get back to France.

"I was crying on my teacher's lap and he was crying," Dibrani said Wednesday. "My friends asked, 'Did you kill someone that the police are looking for you? I was afraid. I felt bad and ashamed."

"My home is in France," Dibrani said in French. "I don't speak the language here and I don't know anyone. I just want to go back to France and forget everything that happened."

THE ASSOCIATED PRESS

SEC

Jury: Cuban didn't commit insider trading

Mark Cuban won a years-long fight with the U.S. federal government Wednesday when jurors said that the billionaire basketball owner did not commit insider-trading when he sold his shares in a Canadian Internet company in 2004. The nine-



Mark Cuban
THE ASSOCIATED PRESS FILE

member jury deliberated for about four hours. The trial spanned three weeks.

THE ASSOCIATED PRESS

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U.S. Congress races to pass budget bill, reopen government

'A time for reconciliation.'

Bipartisan deal to end government shutdown leaves Republicans with little to show for fight

Up against a deadline, the U.S. Congress passed and sent a waiting President Barack Obama legislation late Wednesday night to avoid a threatened national default and end the 16-day partial government shutdown, the culmination of an epic political drama that placed the U.S. economy at risk.

The Senate voted first, a bipartisan 81-18 at mid-evening. That cleared the way for a final 285-144 vote in the Republican-controlled House about two hours later on the legislation, which



Listening in: U.S. House Minority Leader Rep. Nancy Pelosi talks to Rep. Chris Van Hollen as a staff member waits by the door after a meeting on Capitol Hill in Washington, D.C., on Tuesday. ALEX WONG/GETTY IMAGES

hewed strictly to the terms Obama laid down when the twin crises erupted more than three weeks ago.

The legislation would permit the Treasury to borrow normally through Feb. 7

or perhaps a month longer, and fund the government through Jan. 15. More than 2 million federal workers would be paid — those who had remained on the job and those who had been fur-

loughed.

At the White House, Obama hailed the Senate's vote and encouraged the House to follow suit. Once the measure reached his desk, he said, "I will sign it

immediately. We'll begin reopening our government immediately and we can begin to lift this cloud of uncertainty from our businesses and the American people." **THE ASSOCIATED PRESS**

Not giving up

Boehner to keep fighting Obamacare

House Speaker John Boehner and other top House Republican leaders voted for the bipartisan agreement Wednesday, but Boehner vowed Republicans were not giving up on the fight to bring down U.S. debt and cripple "Obamacare," as the president's signature health-care overhaul is known.

"Our drive to stop the train wreck that is the president's health-care law will continue," Boehner said in a statement.

THE ASSOCIATED PRESS

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PM Stephen Harper speaks with the Governor General following the throne speech. JUSTIN TANG/THE CANADIAN PRESS

Harper's throne speech courts the middle class

Eye on the election.

PM beset by Senate expense scandal and polls showing his party tied with or trailing the Liberals

Mandatory balanced-budget legislation, interprovincial booze runs, public-sector bashing and lifetime prison terms for violent criminals were among a grab bag of populist measures promised Wednesday as the Conservative government released a mid-mandate policy blueprint.

The Tory-blue booty was included in a speech from the throne by Gov. Gen. David

Johnston that spent almost as much time congratulating the Harper government on past achievements as laying out future priorities.

There was a pledge to confer honorary Canadian citizenship on Malala Yousafzai, the Pakistani teen and Nobel Peace Prize nominee who survived a Taliban attack on her school bus in October 2012.

The speech also promised in vague terms to "address the issue" of missing and murdered aboriginal women.

The document marked the unofficial start to a federal election campaign that is still two years away.

Populist promises were very specific.

For example, Canadians will be allowed to take beer and spirits across provincial boundaries for personal use, something that's currently prohibited under federal law.

Johnston, opened by noting that "the eyes and ears of Canadians turn toward this Parliament." He wrapped up an hour later.

THE CANADIAN PRESS

'Revenge porn'

Cyberbullies beware: New law coming

The government pledged in Wednesday's throne speech to introduce cyberbullying legislation which will include making "the non-consensual distribution of intimate images" a criminal offence.

The speech referenced the suicides of Amanda Todd and Rehtaeh Parsons, both of whom committed suicide after they were bullied and intimate images of them were circulated online.

The legislation would outlaw the practice known as "revenge porn," which occurs when sexual photos or videos of a person are posted online without that person's consent.

JESSICA SMITH/METRO IN TORONTO

Great visionary

"His vision has come to pass."

Gov. Gen. David Johnston
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Soccer World Cup

Mexican fans thank bitter U.S. rivals

America's soccer team is getting some love from the most unlikely place: Mexican sports fans.

Mexican newspapers on Wednesday published banner headlines reading "We Love You,"



and "Thank You, USA," after the U.S. kept Mexico's World Cup qualifying hopes alive with a 3-2 victory over Panama. Mexico and the U.S. are bitter rivals. Feelings are so strong in Mexico that fans chanted the name of Osama bin Laden before a 2004 Olympic qualifying game. **THE ASSOCIATED PRESS**

Scientology

Court upholds fraud conviction

France's highest appeals court has upheld the 2009 fraud conviction of the Church of Scientology's French branch, its bookstore and five of its leaders.

The Scientologists were accused of pressuring members into paying large sums for questionable services and materials and using

"commercial harassment" against recruits. The group and bookstore were fined 600,000 euros (\$814,000 US). The Scientologists' appeals of their convictions claimed infringement on their religious freedom.

While Scientology is recognized as a religion in the U.S., Sweden and Spain, it is not considered one under French law.

THE ASSOCIATED PRESS



Ailina Tsarnaeva, sister of Boston Marathon bombing suspect Dzhokhar Tsarnaev, attends a hearing Wednesday in Boston.

MARK GARFINKEL/BOSTON HERALD/POOL/THE ASSOCIATED PRESS

Tsarnaev's sister released in counterfeit \$100 bill case

Ailina Tsarnaeva.

District attorney's office says 23-year-old not accused of passing the bill, but evidence suggests she knew those who did

Boston Marathon attack

Authorities say Dzhokhar Tsarnaev, 20, and his brother, Tamerlan, 26, built and planted pressure cooker bombs near the finish line of the Boston Marathon that killed three people and injured more than 260.

The sister of Boston Marathon bombing suspect Dzhokhar Tsarnaev appeared briefly in a Boston courtroom Wednesday on a charge related to a counterfeiting investigation.

Ailina Tsarnaeva, 23, was in court to ask a judge to remove a warrant issued after she failed to appear in court in February 2011 on a charge of misleading police.

Prosecutors say Tsarnaev

va picked up a person who passed a counterfeit \$100 US bill at a restaurant at the South Bay Mall in Boston in 2010, but was unco-operative when questioned.

A judge agreed to remove the default warrant and released Tsarnaeva on \$1,500 personal recognizance. She also is required to report to Massachusetts probation officials once a week.

THE ASSOCIATED PRESS

Eye for an eye? Dutch diplomat beaten after Russian envoy arrested

A Dutch diplomat was beaten up by two men who barged into his apartment in central Moscow, an attack that followed the arrest of a Russian diplomat in the Netherlands.

Russia expressed its regrets Wednesday, but the Dutch government said it expected a full explanation.

The arrest of Russian diplomat Dmitry Borodin in The Hague on Oct. 5 caused outrage in Moscow. Dutch state

broadcaster NOS reported that police had traced a car involved in an accident that day to Borodin's home, and neighbours told police they were worried for the safety of the children inside.

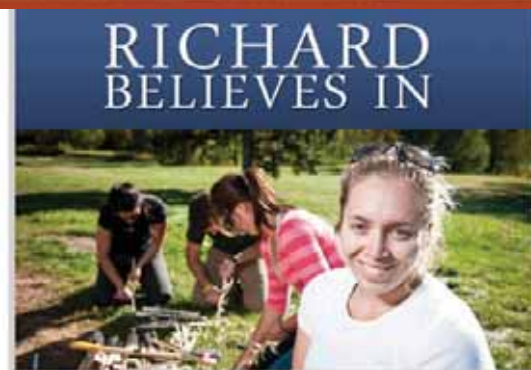
The incidents come at a time of growing tensions between the two countries over Russia's seizure of a Dutch-flagged Greenpeace ship and Russia's anti-gay laws.

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RICHARD FEEHAN

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Thursday, October 17, 2013

NEWS

17

Pet killer denied right to have animals

Vancouver. Woman who killed family cat and dog has lost appeal to own pets

A 23-year-old woman who was described by a psychiatrist as an "affectionless psychopath" after she butchered two family pets

and expressed a desire to murder a homeless person has lost an appeal of a lifetime ban on owning animals.

Kayla Bourque had pleaded guilty last year to charges of causing suffering and unlawfully killing animals. She was given a lifetime ban on owning or being around pets.

Bourque admitted kill-

A history of killing

"She ... has no insight into the harm and suffering she causes these creatures."

Justice Elizabeth Bennett, B.C. Appeal Court

ing Molly, the family dog,

in September 2009 by hanging the animal. She then dismembered the dog and placed the animal's head on a stick, videotaping and photographing the killing and taking a photograph of herself naked next to the dog's remains.

She killed the family's cat, Snowflake, in a similar way in March 2010, the decision says.

Court decisions describe Bourque as a sexual sadist with antisocial personality disorder who finds joy in torturing and killing animals, and that she has expressed no remorse.

Bourque now lives in a residential setting in Vancouver with 24-hour supervision, after nine months of time served.

THE CANADIAN PRESS



Kayla Bourque CONTRIBUTED

Women in the boardroom. Rules wanted to equalize gender in corporate ranks

The scarcity of women in Canadian boardrooms has the country's biggest regulator pushing for mandatory changes that would shame corporations for their lack of gender diversity.

The Ontario Securities Commission said Wednesday it will recommend to the provincial government that companies listed on the Toronto Stock Exchange should be required to disclose how they're increasing the number of women in their highest executive ranks.

The voluntary "comply or explain" policy would be put in place to encourage publicly traded companies to

annually report their internal targets and progress — and be questioned if they refuse to comply. The OSC will take its recommendations to the government this fall.

Research shows that a higher mix of women in managerial and executive roles leads to more profitable companies and stronger organizations. Women often have leadership skills complementary to men, are often fairer with rewards, can be more focused on goals and can be stronger role models, said Eric Lamarre with global management consulting firm McKinsey and Company Canada. THE CANADIAN PRESS



The OSC says new rules to put more women, like the ones seen here at the TSX, in executive ranks would be good for business. FRANK GUNN/THE CANADIAN PRESS

Terrorism

Canadian guilty in attempted arms buy for Tamil Tigers

A Canadian man has pleaded guilty in the United States to two terrorism offences in connection with the Tamil Tigers.

Piratheepan Nadarajah, from Brampton, Ont., admitted to a conspiracy to acquire anti-aircraft missiles and attempting to provide

material support to a foreign terrorist organization.

Online court records show that Nadarajah pleaded guilty last week in New York to the two counts.

His sentencing is scheduled for Jan. 31, 2014.

Prosecutors alleged Nadarajah and co-conspirators negotiated with an undercover FBI agent to buy and export \$1 million US of high-powered weapons and military equipment for the Tamil Tigers.

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Canada: 1, America: 0. A new study finds wireless speed is faster in our cities than in the U.S., but we pay more to be able to get that Instagram pic up quicker

Urban Canadians have access to consistently faster network speeds than their neighbours in the U.S., according to a study by PC Magazine.

In its first study of Canada's networks, the New York based online publication said the speeds delivered by the country's three major telecoms — Rogers, Bell, and Telus — were remarkable.

"Urban Canadians can get online fast, often at speeds that would make south-of-the-border Americans green with envy," said the study, released Wednesday.

Rogers had the fastest wireless network followed by Bell and Telus, according to the study, done in August and September in 13 of Canada's largest metropolitan areas.

PC Magazine tested downloads and uploads of data — such as video, apps and photos — but did not test the

quality of mobile phone calls.

AT&T's Long-Term Evolution (LTE) network was deemed the fastest in the U.S. in 2013 by PC Magazine.

The study's author noted that Canadian prices for wireless service were higher than the U.S.

"There's no real Canadian equivalent to Sprint or T-Mobile. People with less money are getting a lot less value than if they are in the U.S.," said Sascha Segan.

THE CANADIAN PRESS

We win this round, America

"Urban Canadians can get online fast, often at speeds that would make south-of-the-border Americans green with envy."

According to a study by PC Magazine



Believe it or not: Aquarium finally opens in T.O.

Visitors get up close to sharks, sawfish, sea turtles and more in the 97-metre-long underwater viewing tunnel at Ripley's Aquarium of Canada in Toronto. After two years of construction, delays and \$130 million in costs, Ripley's Aquarium of Canada opened to the public Wednesday. RIPLEY'S AQUARIUM OF CANADA/THE CANADIAN PRESS

Cost-saving measure

Grocer Loblaw axes 275 staff

Loblaw Companies Ltd. is cutting its management and administrative ranks by 275 employees as it tries to reduce expenses alongside its acquisition of Shoppers Drug Mart. THE CANADIAN PRESS

Market Minute

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Crash test doggies may make ruff drives safer

To make the world safer for pets, Lindsey Wolko had to design an indestructible dog.

Two years and hundreds of thousands of dollars later, her non-profit Center for Pet Safety in Reston, Va., has a set of crash-test dog dummies that were battered, throttled and sent flying to test several car-safety restraints.

The rare study of travel products marketed to animal owners was released earlier this month and will be followed by tests of car crates, carriers and barriers. Lifejackets are on the short list of products to be tested as soon as funding is found.

Inspiration for the centre



Subaru and the Center for Pet Safety conducted a collaborative crash test study to test the effectiveness of popular pet harnesses with a crash test dog. SUBARU/THE ASSOCIATED PRESS

and its inaugural test came nearly a decade ago.

Wolko's dog, Maggie, was seriously injured when

Fragile cargo

It's not surprising that attention is being focused on safety because a huge number of car buyers want to drive with their pets, said Michelle Krebs, a senior analyst with Edmunds.com.

Wolko braked to avoid a traffic collision. Despite a restraint, the English cocker spaniel smashed into the back of the driver's seat, spraining her spine and hip and getting her back legs tangled in the harness.

THE ASSOCIATED PRESS

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HOW TO EASILY SAVE THE WORLD

Have you lost hope? Do you feel like the world is beyond saving? With non-stop natural disasters and climate change, it can sometimes seem like there's nothing any one individual can do to help this troubled ball we call Earth.

But you can help.

Simple household tips can go a long way toward improving the environment and, yes, saving the planet, all while helping you save and make your life easier. Here's how.

Start with light bulbs. Next time a light goes out, why not replace that wasteful incandescent bulb with an energy-efficient compact fluorescent lamp? Because that seems like a lot of work, that's why. That light bulb is way up on the ceiling, and it looks like you'll have to unscrew the glass fixture or something.

An even better solution is to just leave your apartment dark. The light from your laptop screen provides more than enough illumination, and even acts as a flashlight for those



HE SAYS

John Mazerolle

metronews.ca

late-night trips to the fridge.

While we're in the kitchen, let's remember the importance of whole foods. Eating apples, oranges, carrots, green peppers, garlic bulbs, Eggo waffles and bouillon cubes exactly as they appear in nature can cut back on use of wasteful stoves and ovens, as well as dangerous knives and forks.

And consider all your dishes. Did you know that 17.4 per cent of all landfill waste is old bowls, plates and glasses? It's a very precise number and therefore true. You can keep that landfill space free for incoming Blackberrys by simply eating over the kitchen sink. Or, even better, eat Mini-Wheats directly from the box followed by a swig of milk from

a carton. Your stomach is the bowl!

Speaking of bowls, did you know that so-called bathroom "cleaners" in fact viciously murder the bacteria and mould that form the necessary foundation of the food chain? Clean-

ing that bathtub may be killing your grandchildren.

Instead, let the steam from your shower naturally clean the bathroom. You'd pay top dollar for a steam cleaning of your carpet, so why isn't it good enough for that bathroom tile? And see that stuff growing on your wall? You're literally greening your home!

Staying in the bathroom, some well-meaning people (women) think it's OK to replace towels after every use, or even every month. This is an irresponsible waste of water and laundry detergent, and it's not backed up by the latest towel science.

The towel is drying off your clean body, and the next day that towel is somehow disgusting? It just doesn't make sense.

Here's a simple rule of thumb for towels: Turn on the TV. If the prime minister is the same as last time you checked, you can safely continue using that towel.

As you can see, helping to protect the environment from the comfort of your home takes not just very little effort, but the least effort imaginable. Save the world. Become a bachelor. You'll be glad you did.

ZOOM

Thanks for the ride, mom



COURTESY WILDLIFE PHOTOGRAPHER OF THE YEAR

They say kids can be a headache

Hitchhiking can be a dangerous game but these gharial crocodiles photographed on Chambal River in Madhya Pradesh, India, seem to appreciate the ride.

The snap titled Mother's Little Headful was taken by 14-year-old Udayan Rao Pawar who won the award for Young Wildlife Photographer of the Year at the ceremony at London's Natural History Museum. **METRO**

Photography can make for a wild life

Greg du Toit must have been tempted to say "Watch your step" while shooting this striking image of a herd of elephants (pictured right).

"This image hints at the special energy I feel when I am with the elephants," said du Toit of his photograph. He won Wildlife Photographer of the Year 2013.

"Greg's image immediately catapults us to African plains," said chair of the judging panel, Jim Brandenburg. **METRO**



This otherworldly shot was captured from a ground-level hide using a slow shutter speed. COURTESY WILDLIFE PHOTOGRAPHER OF THE YEAR

Clickbait



HANNAH ZITNER

hannah.zitner@metronews.ca

While most emailed newsletters deserve to go straight to the trash bin (or stay in Gmail's fancy new social or promotions folder), there are a select view worth a scan. Trust me, you'll be smarter for it.

Brainpickings:

Run by super brain Maria Popova (of the NYT, Wired, The Atlantic), the free Sunday digest brings you interesting tidbits on "things you didn't know you were interested in." This week read up on the science of dreams, or Julia Child's take on entrepreneurship.

Quora:

Pick a topic, any topic, and Quora has an answer for you. Choose your areas



ISTOCK IMAGES

of interest and the best question-answers on the community-run site are sent straight to your inbox so you can learn something new at least every week.

Colossal:

The art and design blog run by a self-described art outsider has a weekly roundup of the site's most interesting stuff. Think of it as a Coles Notes into the art world.

Twitter



@metropicks asked: Enbridge's poetic pipeline pitch has ignited backlash. Send your pipeline verse and we'll print the best #GatewayPoems

@Canucklehead_ca: Two pipelines diverged in a wood, & I-/I took the one less traveled by, / Made no difference - all nature dead. #Gateway-Poems

@trevor_donald: #gatewaypoems Atlantic Canadians were told they are getting a deal. Only Mister Irving thinks oil pumped to his province is a steal. #nbpoli

@margonaut: A history of leaks & poisoning creeks? It might seem like a sin, but our shareholders win! #GatewayPoems

@JohnKleinRegina: If you want the #KXL, you may as well burn in hell, because it's bringing hell to earth. When you've lost you learn its worth. #GatewayPoems

@jarrahpenguin: And when bitumen seeps into/All the loveless land/It will whisper of the garden/ You will understand #gatewaypoems

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WE WANT TO HEAR FROM YOU: Send us your comments: edmontonletters@metronews.ca

Inspired by Real Collector Stories*

October 1, 2013

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Taking high tea even higher

Firefly Theatre. Aerial group raising cash for their upcoming show Craniatrium



JENNIFER LARAWAY
Jennifer Laraway
edmonton@metronews.ca

When Annie Dugan started toying with the idea of hosting an event to boost funding for her company's upcoming productions, she wasn't sure if it would work.

Firefly Theatre is Edmonton's only aerial theatre and performing circus-arts organization.

It takes a lot of cash to pull off the performances they specialize in. So, to keep her dreams in the sky, Dugan came up with the idea of a high tea fundraiser, which features flying butlers, upside down tea and finger sandwiches.

"The very first high tea we did, we didn't even



The Chandelier Woman is one of the many performers entertaining High Tea guests on Sunday. CONTRIBUTED

know if it would work or if anyone would come," reminisces Dugan of their 2010 event.

"But, it was just so much fun. We only had about 40 people, but it was so charming and a gorgeous way to spend an afternoon."

It was enough motivation to make High Tea an annual event. Dugan built on what worked and ironed out the kinks.

"We modified the pro-

gram and added some performances. Initially, I envisioned this as an event where people would come and go, but people treated it as a show and stayed. So, I thought, 'OK, we will add an element of performance.' It made the afternoon feel full, and gave people a bang for a buck."

For \$50 per ticket, guests are treated to an afternoon of entertainment and refreshments.

"We've capped the event at 100 people to make it feel more exclusive and animated. We will constantly have the flying champagne and the flying butler the entire time," Dugan explained.

She goes on to say, "Last year, we had a few show up in fascinators and fancy tea clothes, so we thought maybe we should encourage people to come in their fine tea attire, which can be purchased at the event. It's

just fun to dress up and do something dainty. We make every attempt to create an authentic high tea experience."

Proceeds from the event supports Firefly Theatre's upcoming show Craniatrium, which Dugan describes as "an aerial, musical spectacle."

Tickets to High Tea are available at Tix on the Square or by calling 780-758-9999.

Details

- High Tea takes place Sunday from 2-4 p.m.
- The event takes place at the Art Barns (10330 84 Ave.)
- Only 100 tickets are available.

2 SCENE

A woman's legs in a black dress and high heels walking on a sandy surface.

A stylized white starburst logo.

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Tenors aim to hit high notes by helping others

Canadian group The Tenors have teamed with Big Brothers Big Sisters of Canada to record the single I Thank You, with 50 cents of each digital song download going to support the organization.

Big Brothers Big Sisters highlights the importance of mentors in a child's life by providing volunteer opportunities to adults to be a friend and positive role model to Canada's youth.

The organization believes changing the course of a young person's life also changes the community for the better.

We asked The Tenors — Fraser Walters, Remi Pereira, Victor Micallef and Clifton Murray — to tell us about the person who made a difference in their life when they were growing up. **METRO**



COURTESY OF RANDEE ST NICHOLAS

Musical mentors

Fraser Walters

"I have been extremely lucky to have many important mentors in my life. Other than my family, three amazing musical mentors were (and still are!) Katie Drysdale (my first childhood voice coach), Gerry Van Wyck (choral/orchestral conductor), and Rena Sharon (university music professor). All three have been instrumental in guiding me through different stages of musical and life experience. I cherish them all!"

Family and friends

Remi Pereira

"I have had a few mentors throughout my life, including my parents, my child and my teachers. From them I have learned the importance of respect, loyalty and commitment to your partner and family. In music, my teachers have been the force behind me, showing me that I can extend myself to reach my lofty dreams."

Voice teacher

Victor Micallef

"Someone who mentored me was my Italian voice teacher Franco Pagliazzi. Not only was he an incredible teacher but he was a father figure far away from home. He taught me everything about the Florentine way of life and gave me invaluable insight on how to perform the Italian operatic repertoire. I have incredible respect for his artistry as a master singer and teacher, and he will always be a dear friend."

Mother

Clifton Murray

"My influence is my mother. Her tireless efforts to improve the lives of those less fortunate inspires me to always look beyond myself. She has continued to seek out the less fortunate and make their lives better in some way. There are so many stories where my mother has selflessly brought someone in need the support, resources and love that they needed, enabling them to provide for themselves."

Online

Find more of the tenors on Metronews.ca

- **Web.** Visit metronews.ca/scene to see a video of the Tenors performing I Love You, and for a link to buy the single.

- **Find out more.** Visit bigbrothersbigsisters.ca to learn more about the organization.

- **Contest.** Visit clubmetro.ca for your chance to win a trip to see The Tenors perform in Vancouver.



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Twelve Years a Slave opens Friday. CONTRIBUTED

Want to be sensual? Use the power of now

Twelve Years a Slave. Actress Lupita Nyong'o took a page from James Baldwin's *The Fire Next Time* to help her with role



**NED
EHRBAR**
Metro World News in Hollywood

Lupita Nyong'o is hitting the ground running when it comes to her film career, making a startling and attention-grabbing debut as the mysterious, wild-eyed Patsy in *Twelve Years a Slave*, a performance that's already earning a ton of awards speculation for the Nigerian actress.

There are worse ways to start a film career.

When you get a shot at a role like this in a film like this with a director like this, what's your first reaction?

When I auditioned for this role, I was just about to graduate from Yale. It was the first time that I was allowed to audition for professional things, and *Twelve Years a Slave* was the first audition I put on tape. After the audition it dawned on me — Brad Pitt is producing this film and Steve McQueen. ... It was kind of like a slow realization of how major au-

ditioning for this thing was, but it also felt completely improbable that I would get the role.

How do you approach material as intense and visceral as this?

It was about being present. Patsy in the script is described as being "effortlessly sensual." In the book, Solomon says that Patsy "had an air of loftiness that neither labour nor lash could rid her of." I was reading James Baldwin's *The Fire Next Time*, and I found this thing he says about sensuality. He says, "To be sensual, I think, is to rejoice in the force of life itself and to be present in everything that one does, from the effort of loving to the breaking of bread." And that was Patsy for me. That's what made her so sensual, the fact that she was present. And she's present because she has this volatile master. She never knows what he's going to do next — what he's going to require or inflict. So that was the lesson I took

going in. I just need to be there. The humiliation and the heartbreak that I've been living, experiencing, will reveal itself.

Why do you think it took so many non-Americans to give such an honest look at such a horrific part of American history?

I don't think it was by design. I don't think Steve was like, "I don't want any Americans!" I don't think that's the case. I don't think it's by design, but at the same time America is made of immigrants. The African-American slaves came from Africa, the white slave owners were Irish and German and English. So I don't think that highlighting our non-American-ness does the story any sort of favours or injustice. For me, as an actor, I feel like it is my job to portray things that are outside of myself; to truthfully believe in circumstances that are not my own. Otherwise my career will be very short, playing some middle-class Kenyan.

Quoted

"To be sensual, I think, is to rejoice in the force of life itself and to be present in everything that one does, from the effort of loving to the breaking of bread"

Lupita Nyong'o quoting James Baldwin in *The Fire Next Time* on his take on sensuality.

I ran for the late-night ghost stories I'll tell my kids around the campfire.

I ran for the look in my mom's eyes when I tell her she's going to be a grandma.

Thank you for all the future

moments

you've helped create.

I ran for the Sunday crosswords my mother and I will finish together. In pen.

I ran for the hand-picked roses I'll give my wife on our 50th anniversary.

I ran for the ladybugs I'll chase with my kids.

I ran for the joyful day my daughter's daughter will be born.

Thank you to everyone who participated, donated, volunteered and cheered at this year's Canadian Breast Cancer Foundation CIBC Run for the Cure. For over 20 years we've been running for a future without breast cancer, and today we're another step closer.

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Killer wallflowers? No problem

The horror.

Chloë Grace Moretz talks about taking on the iconic role of Carrie and her fear of teens

NED
EHRBAR
Metro World News in Hollywood

Chloë Grace Moretz has carved out a nice place for herself in Hollywood as a child and teen actor who can handle very, very grown-up material, but everyone has to grow up sometime. With the remake of Carrie, she takes on the most iconic high school wallflower in film history, but going forward she's looking to leave the teenagers behind. Which is convenient, because they terrify her.

This might be the quietest character you've ever played.

It's the most vulnerable I've ever been, for sure. This is the most opposite of who Chloë is in a character, but at the same time it's almost closer to my inner self in the fact that I'm in-

credibly naive compared to my friends. She's definitely the most innocent I've ever played. But at the same time it was almost easier to jump into than playing, like, a bitch because I'm not very good at doing that. It's harder for me to play a fake, stuck-up girl than it is for me to play vulnerable.

Why do you think you've maintained that level of naivety compared to your friends?

I think it's because I literally have lived a more naive life and the fact that they have to deal with, like, boys and everything. They deal with 10 times as much as I do (in high school). You're dealing with things that are way above your head, and you learn quickly and you move quickly. And me, I've been home-schooled since I was nine, so it's like I haven't been interacting with copious amounts of teenagers since I was nine years old.

You got off lucky.

I think so too. I don't like teenagers. They're really scary. Like, groups of them? They're unpredictable because they're just, like, dumb. They don't even know what they're do-

ing, and they just bumble around and make stupid mistakes and they're like, "Oh, I didn't mean to do that. I regret that." I've never regretted anything in my life because I cognitively make every decision. Yeah, I've messed up, but I've never regretted anything. And I know tons of people who are like, "Oh, I really regret this" or "I really regret that," and I just don't understand it.

Is this the first time you've played a character who's actually older than you?

Kind of. I mean, she's 17. I think before I played a character who was 16 when I was 15. But I think the oldest character I've played so far was 20. That's a real jump.

You've really made a name

for yourself appearing in more mature movies. Is there a transition you have to make now that you're getting older and other actresses your age are catching up?

I think the transition is all age, all look, it's all saying, "Can you play the adult characters?" and not being overly sexualized and not doing all that stuff. It really is going, "I want to play the adult characters but I'm not going to do what a 20-year-old does." You know what I mean? In the fact of sexualization and all the other stuff.

So what's your niche?

I think it's just realism, to be honest. I think my strong suit is being able to show realism within some of the most unrealistic characters.



Carrie, starring Chloë Grace Moretz, opens Friday. CONTRIBUTED

The craziest Stephen King deaths

Remaking Carrie isn't the worst idea — but some of these movie kills may be

METRO

The Running Man

Death: Buzzsaw to crotch.

Stuck in a violent reality show, Arnold Schwarzenegger is forced to kill, turning a guy named Buzzsaw's buzzsaw against him.

Killer catchphrase: "This saw is part of me. And I'm going to make it part of you," the late Buzzsaw said.

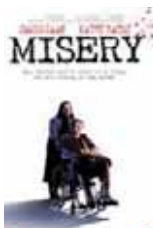


Misery

Death: Head trauma from pig.

Finally free after being kidnapped by "biggest fan" Annie, disabled author Paul jabs her eyes out, feeds her a burned book and, finally, bashes her head in with a cast-iron pig.

Killer catchphrase: "Eat it till you choke, you sick, twisted f—," Paul said to Annie.



The Mist

Death: Squeezed by tentacle.

After running away a lot from ... a mist, our heroes finally meet an alien octopus in a grocery store. It rips the chest off a stockboy and drags him into, well, the mist.

Killer catchphrase: "Oh s—, oh s—, oh s—," said by a guy in the store.



Thinner

Death: Murdered by strawberry pie.

Cursed by a gypsy, a fat lawyer loses weight, and his sanity, feeding his wife a cursed pie. The next morning, he wakes up beside her cursed corpse.

Killer catchphrase: "Is it strawberry? My favourite," says the lawyer's wife.



Creepshow 2

Death: Eaten by an oil slick.

...on a lake, while high. Don't do drugs, kids.

Killer catchphrase: "It ate Rachel. It f—' ate her up. What is this thing?" said by a high kid.



Maximum Overdrive

Death: Killed by soda machine.

In a world where machines are evil, avoid the vending machine. It spits out cans real fast. Right into a baseball coach's head.

Killer catchphrase:

"Huh?" said by the coach right before a soda can hits him in the nuts.





Joe Jonas

Joe Jonas allegedly dealing with a drug problem

The Jonas Brothers may have had a more pressing reason to cancel their latest tour at the last minute: middle brother Joe Jonas' alleged secret drug problem, according to Star magazine. "He's been dealing with substance abuse issues for quite some time," a source says, adding

that friends and family "have been begging him to seek help. The tour would have never survived with how Joe was behaving." Joe has also recently been photographed with the same addiction specialist who helped Demi Lovato following her stint at a treatment facility.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Arnie and Sly's prison flick should be kept behind bars

PAT HEALY
Metro World News in Boston

So, I feel like Escape Plan is one big meta joke on society. Mainly for the plot line alone. In the film, Sylvester Stallone stars as a structural engineer known for building prisons from which no man can escape. When he is wrongly convicted of a crime he is incarcerated in a prison that he designed. That's ... OK.

I can suspend my disbelief just enough to pretend that Stallone has an advanced degree in engineering. But then Arnold Schwarzenegger co-stars as his fellow inmate who shows him the ropes. That's right. Arnold Schwarzenegger is stepping in for Morgan Freeman. If that weren't ludicrous enough, the cast and crew of the movie had their after-party in Times Square at the Italian chain restaurant Buca di Beppo. Usually, big movie premieres are reserved for slightly more exclusive locales — and ones not in Times Square. Then again, if you think about it, Times Square is practically a neon prison of its own design. So maybe it's apt?

Twitter



@katperry

I refuse to speak Starbucks until I've actually learned Italian.



@Rihanna

420'ish



@SarahKSilverman

Just a quick reminder: other people exist



Woody Harrelson. ALL IMAGES GETTY

Free Bird Woody wobbles his way to premiere after wild night out with brother

It's hard enough to work a red carpet, but try doing it at noon with a massive hangover — which is exactly what Woody Harrelson did at the recent Free Birds premiere in L.A. "The premiere was at noon and I went to bed at 6:30 or 7 a.m. having

stayed up all night drinking tequila and playing pool with my brother, which, uh, didn't go well," Harrelson admits to David Letterman in an interview. "You know, being woken up three and a half hours later was terrible. It was like a betrayal." Luckily Harrelson could lean on pal and co-star Owen Wilson to get through it. "I told him ahead of time, 'Dude, you're going to be doing all the heavy lifting here. I can barely stand up.'"

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LIFE 3

Doolittle's dancing in the dark

Eliza's evolution.

The singer's no longer the anthemic summer soundtrack to a tweeny birthday. Eliza explains that her soulful sound, like her style, is all grown up.

RICHARD PECKETT
Metro World News

Eliza Doolittle's track *When I Was Little* would have you believe that the diminutive singer skips her way through the streets of planet positive. It's almost gratingly peppy and bright. But today, Doolittle — real name Eliza Sophie Caird — has cast off the Crayola colours and denim cut-offs in favour of something akin to a Nirvana-listening grunge groupie. Indeed, Doolittle has upped her crooning credibility, partly thanks to featuring on dance duo Disclosure's track *You & Me* and — much like her predecessors Adele and Amy Winehouse — by taking a new level of loved and lost maturity into her melodies. Here, the 25-year-old Brit tells Metro about her sophomore album *In Your Hands* (out now), post-breakup blues and why her look makes her feel liberated.

You're a big fan of relatively small clothes and flashing a little bit of skin. Do you deliberately shrink clothes or shop the children's section?

I haven't deliberately done that but I have a cashmere jumper that I shrank in the wash and yeah, sometimes I like that kind of kids T-shirt look.

You were at the Henry Holland show. What do you like about his designs?



Sweetheart of the stage: Eliza Sophie Caird is the daughter of musical theatre actress Frances Ruffelle and stage director John Caird. CONTRIBUTED

Henry's more than a designer, he's an inventor. He was the first one to do the bandana print — and come on, that's gone crazy.

Not today but normally you're in bright colours. Do you ever just want to

be inconspicuous and wear black?

I actually haven't been wearing as many colours as I used to. I'm the kind of person that gets obsessed with one thing until I get bored and then I move on. Right now, I'm loving baggy jeans with

rips and shreds and I also really love thin-strapped beautiful silk dresses that look almost '90s.

Is making music a cathartic experience for you?

Music is the only thing that is going to be there for me



no matter what. So when I finish a song, I love it and I play it out loud — it's the best thing I've ever felt. Better than love, I think.

Have you ever written a song that you're not particularly proud of but that you thought could potentially be a hit?

Yeah, loads! I think sometimes I can be a little bit detached from the songs that I know will be hits because they're less personal. Sometimes I can tell when I'm writing catchy melodies and stuff and I'm proud of it. Although, if there were an actual formula for it, I'd be f—ing loaded by now.

Eliza's must-have makeup items



Yon-Ka

Crème PS, \$56, yonka.com



Clinique

Chubby Stick intense moisturizing lip colour balm, \$17, clinique.com



Kevyn Aucoin

Celestial Bronzing Veil, \$48, kevyнауcoin.com



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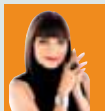
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At the bazaar in #Istanbul Dizzying to say the least!! #fashtanbul

Trends Report



- One of the bolder trends this fall is black lipstick. Do you think you can pull this look off? Go online to Trends Report and see how black lipstick actually looks when applied on lips and let me know what you think of this trend.

metronews.ca/voices/
trends-report

Follow Irene on Twitter at
@MetrolreneK



PHOTO COURTESY OF SEPHORA.CA

Canadian street style

Spotted in: Toronto

Shanti Student

What she's wearing

Black Naturalizer heels, vintage high-waisted Daily Habit NYC pants, American Apparel crop top and vintage purse.

Her inspiration

"My mother. She saved a lot of her clothing from when she was younger, and now I wear them all."

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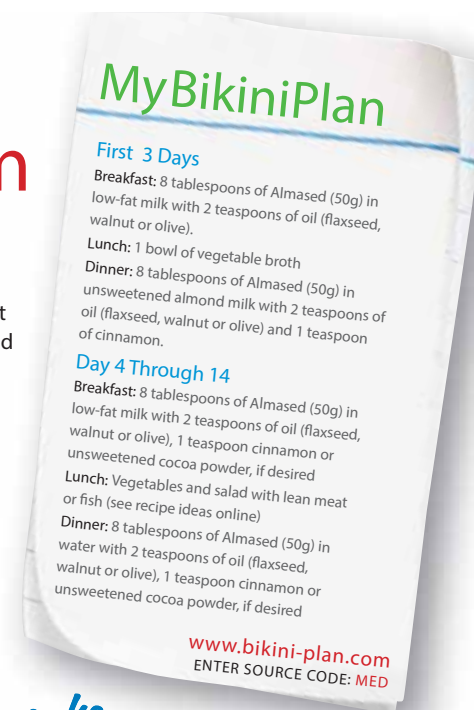
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Accessories add polish

Finishing touches. Part 4 of our series on living room decor will help you avoid the pitfalls of choosing pillows, throws, vases, rugs and more



DESIGN CENTRE
Karl Lohmes
home@metronews.ca

In this four-part series, we're serving up some lessons to help get your living room looking fabulous in time for the holidays. This week, in our fourth installment, we complete the living room with some classic and not-so-pricey accessories.

Many decorating enthusiasts fare well when it comes to painting their walls and purchasing furniture, but when it comes to accessorizing, they lose control. So here are a few tips on how to incorporate some classic accessories into your living room for a finished and polished look.

Pillows and throws

- If you have a patterned sofa or chair, then choose monochromatic pillows; allow texture to add interest.
- Down-filled cushions are for comfort, Dacron-filled cushions are for support.
- Measure the depth of your

sofa or chair seat cushion; a pillow should never take up more than a third of that depth.

- Firm lumbar pillows (the long skinny ones) act as great lower back support without looking too bulky.

Vases and bowls

- Keep the height of a vase low on the coffee table and higher on end tables.
- A large bowl can act as a catch-all for television converters, cellphones and magazines.
- Vintage-inspired glass accessories look great in contemporary or traditional spaces.

Area rugs

- The front legs of your living room's upholstered furniture should be sitting on the area rug. If they don't, it's too small.
- An area rug with a centre design pattern works best in a living room.
- If your living room is void of colour, then add some with an area rug and vice versa.

A few designer rules

- Be consistent with accessory colours used in each room.
- If choosing plain-coloured accessories, then make sure they have texture. This will add interest.
- Place accessories in groupings by area — for instance, the sofa and coffee table area, the mantel and the credenza. Accessorizing vignettes is easier than entire rooms.



Low vases are best for coffee and cocktail tables. Miramar vase, \$91, crateandbarrel.com.

Got a plain sofa? Add a patterned rug to wake up the living room. Buzz cotton dhurrie, \$299, cb2.com.



A low glass bowl or tray helps to keep small items organized. Sandia Platter, \$65, crateandbarrel.com.



Pillows become art. Family pillow cover, 12 x 19.5 inches, \$50, zarahome.com.



Add life to a corner chair (or simply hide a stain). Mohair plaid throw, \$199, zarahome.com.



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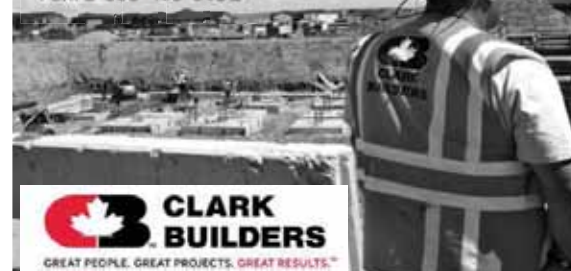
Front Garage Homes from the \$399's
Semi-detached Homes from the \$305's

ALL PHOTOS TAKEN ON LOCATION



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Stock your toolbox, Amish-style

DIY. Craftsmanship is at the forefront as rapper and renovator Vanilla Ice heads to Ohio to learn from the masters

Hand tools are great for both beginner woodworkers looking to learn basic skills and seasoned professionals wishing to take their craft to the next level. With some essentials like a hammer, a screwdriver set, some wrenches and a small investment in the following tools, it's possible to create basic furniture pieces like chests or chairs with unique character.

In his new renovation show, rapper-renovator Rob Van Winkle, better known as Vanilla Ice, heads to Holmes County, Ohio, the largest Amish settlement in the U.S., to see traditional workman-

ship first-hand.

Chisels

There are hundreds of chisels available, but owning just a few of these versatile tools will help make any project easier. Chisels are incredible for simple tasks like removing glue, and they can also create a guide to make hand sawing easier and more accurate.

With the right type and shape, chisels can even replicate impressive dovetail joints often seen on drawers or chests. It's important to make sure the chisels are sharp before using them, as dull blades could damage the wood or lead to injuries.

Hand plane

A hand plane is made up of a body that acts as a grip and a narrowly protruding knife on the bottom that strips thin layers of wood. Planes are excellent for producing flat and smooth surfaces. It's a useful

tool to have around to shave down doors that stick instead of hand sanding or buying a power sander. To add detail to your project, use a hand plane to give your edges a nice bevel. Like chisels, there are many different planes available, so talk to a professional to make sure you have the right one for the job.

Draw knives and spoke shaves

Draw knives and spoke shaves consist of a blade with a handle on either side, similar to the shape of bicycle handles. Both are great for carving out curves to make beautiful chair or table legs.

Draw knives remove a lot of excess material quickly

and are excellent for starting a curve. The spoke shave removes less material but is better for refining a curve and adding detail. Raising or lowering the handle on a draw knife helps control the depth of the cut, whereas a spoke shave has built-in adjustments for more accuracy and finer cuts.

Vanilla Ice Goes Amish

- Follow Rob Van Winkle as he joins the Amish to learn the lost art of hand craftsmanship in Vanilla Ice Goes Amish, Sundays at 10 p.m. ET/PT on DIY Network Canada.



A finished kitchen from the premiere episode of Vanilla Ice Goes Amish features marble counter tops, hardwood cabinets and gas lighting fixtures.

COURTESY MICHAEL F. MCELROY/HGTV



With traditionally large families, Amish kitchens see a lot of action, and the idea in this case was to create a better design for family gatherings. Van Winkle worked with a local construction crew on the project.

COURTESY MICHAEL F. MCELROY/HGTV

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A lasagna that levels the playing field between novices and experts

Slow-Cooker Lasagna



This recipe serves six to eight. CONTRIBUTED

"I first featured this recipe on Oprah," writes Jessica Seinfeld in *The Can't Cook Book*. "The response from beginners to cooking whizzes alike was extraordinary. Give it a whirl."

1. Finely chop the garlic and add to a medium bowl along with the tomatoes, oregano, salt, red pepper, and black pepper (about 12 turns on a pepper mill). In a separate bowl, mix together the ricotta, 1 cup of the mozzarella, and the Parmesan. Put the spinach in a salad spinner, wash, and spin dry. Now you're ready to assemble.

2. In the bottom of a 5- to 6-qt. slow cooker, spread a thin layer of the sauce. Top with 4 of the noodles (breaking to fit as necessary.) Spread 1 1/2 cups of the sauce over the noodles (be sure to cover completely with sauce so the noodles don't dry out). Layer with 2 cups of the spinach and 1 1/2 cup of the cheese mixture.

Repeat twice more with the noodles, sauce, spinach, and cheese mixture. Top with the remaining 4 noodles, sauce, and 1 cup mozzarella.

3. Cover and cook on low until the noodles are tender, 3 to 3 1/2 hours. Test the noodles for doneness by inserting a paring knife in the centre of the lasagna (if it goes in easily, it's ready). **BOTH RECIPES,**

Don't panic

Chopping garlic may cause you concern, but the rest of it is just measuring, pouring and layering.

COPYRIGHT © 2013 BY JESSICA SEINFELD FROM *THE CAN'T COOK BOOK* PUBLISHED BY ATRIA BOOKS, A DIVISION OF SIMON & SCHUSTER, INC.

Ingredients and Tools

- 4 cloves garlic
- 2 cans (28 oz each) crushed tomatoes
- 2 tbsp dried oregano
- 1/2 tsp kosher salt
- 1/4 tsp crushed red pepper
- 1/4 tsp freshly ground black pepper
- 2 containers (15 oz each) whole milk or part-skim ricotta cheese
- 2 cups (8 oz) grated mozzarella (1 cup + 1 cup)

- 1/4 cup grated Parmesan
- 5 oz fresh baby spinach (about 6 packed cups)
- 16 lasagna noodles (about 3/4 of a 1-lb box)

Tools

- 5- to 6-qt slow cooker, 2 medium bowls, cutting board, chef's knife, cheese grater (if grating it yourself), salad spinner, measuring cups and spoons, 2 spoons, paring knife

Cookbook of the Week

Conquer the kitchen



If you and the kitchen don't get along, Jessica Seinfeld's *The Can't Cook Book* is for you.

Seinfeld's calm approach to cooking will put any nervous cook at ease. At the beginning of each dish, she explains up front what the challenge will be and then shows readers exactly how to overcome the hurdles.

Among the recipes you can master with *The Can't Cook Book* are Fresh Berry Crumb Bake, Hoisin Halibut, Simple Peppercorn Steak and more. **METRO**

Back to roasted basics

"This is too easy and essential for the carnivore not to learn. It's the first recipe I teach my Can't Cook friends," writes Jessica Seinfeld about this Seriously Basic Roast Chicken in her book *The Can't Cook Book*.

1. Heat the oven (with the oven rack in the middle) to 425 F.

2. Let's get everything ready before you touch the chicken: wash the lemon and pierce several times with the tip of a paring knife; wash the rosemary sprigs. Set out your oil, salt, and pepper. Keep paper towels handy.

3. Remove and discard the packet of giblets from the chicken. Wash the chicken inside and out and pat dry with paper towels. Measure the oil, then drizzle and rub it over the chicken. Measure the salt and pepper (about 24 turns on a pepper mill) and sprinkle on



This recipe serves four. CONTRIBUTED

the chicken, inside and out. Stuff the lemon and whole rosemary sprigs into the cavity. Snip a forearm's length of kitchen twine and tie the legs together.

4. Place the chicken in the skillet and transfer to the oven (legs facing back). Roast until

an instant-read thermometer reaches 165 F when inserted into the thickest part of the thigh, 50 to 60 minutes (check after 50 minutes). Transfer to a clean cutting board and let rest 5 to 10 minutes before carving. After it's carved, reheat the pan drippings and drizzle over the chicken.

Ingredients and Tools

- 1 lemon
- 3 sprigs fresh rosemary
- 1 tbsp extra virgin olive oil
- 1 tsp kosher salt
- 1/2 tsp freshly ground black pepper
- 1 whole chicken (4 lbs)

Tools

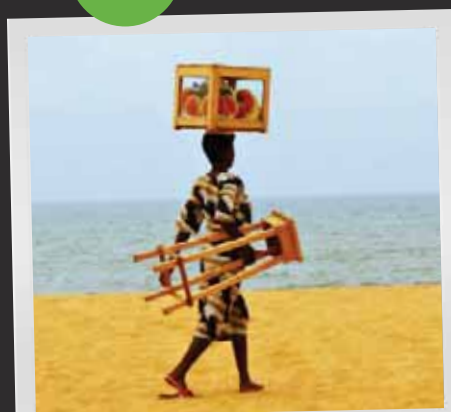
- cutting board, scissors, measuring spoons, paring knife, kitchen twine, large oven-proof skillet, kitchen timer, instant-read thermometer, chef's knife

Don't panic

Washing the chicken definitely freaks some people out, so be sure to keep paper towels handy for this recipe. Tying the legs together is easy. Carving is a fun adventure.

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NHL

Kane grounded at Jets practice

Winnipeg Jets forward Evan-der Kane was being assessed by a doctor Wednesday after hurting his leg in practice.

Kane got tangled up along the boards with Anthony Peluso, and Peluso appeared to fall on Kane's right leg.

Kane was seen holding his leg in pain and he was helped off the ice.

Coach Claude Noel described the injury as a "tweak," but said Kane is listed as day-to-day until they have him assessed and find out the seriousness.

THE CANADIAN PRESS

NBA

Chicago fans see Rose back in action

Chicago point guard Derrick Rose scored 22 points with two assists and two rebounds in 22 minutes on Wednesday night in his first game action at the United Center since April 28, 2012, when he tore an ACL in his knee. The Bulls topped the Detroit Pistons 96-81.

THE ASSOCIATED PRESS

Entering the Hall of Fame



"I thought I was dreaming obviously — and I still am."

Curler Russ Howard describing his reaction to the news of being named into Canada's Sports Hall of Fame. Joining Howard in this year's class of athletes are former NHL star Joe Sakic, cyclist Alison Sydor, five-time Paralympian Andre Viger and the 1992 Olympic champion women's coxless four rowing team of Kirsten Barnes, Brenda Taylor, Jessica Monroe-Gonin, Kay Worthington and Jennifer Walinga.



The Dodgers' Adrian Gonzalez admires one of his two home runs in a 6-4 win over the Cardinals on Wednesday in Los Angeles. JEFF GROSS/GETTY IMAGES

Dodgers find power stroke to stay alive

MLB playoffs.

Cardinals fail to close out NLCS; Game 6 goes Friday in St. Louis

It took the Dodgers five games to hit a home run in the NL championship series. Once Adrian Gonzalez powered up for the first one, their dormant offence broke loose.

Gonzalez homered twice and Zack Greinke came through with the clutch performance Los Angeles needed in a 6-4 victory over the Cardinals on Wednesday that

trimmed St. Louis' lead to 3-2 in the best-of-seven playoff.

"Guys weren't ready to lose today," said Carl Crawford, who also went deep to help the Dodgers save their season.

The series shifts back to St. Louis for Game 6 on Friday night, with ace Clayton Kershaw scheduled to start for Los Angeles against rookie Michael Wacha.

When those two squared off in Game 2, the Cardinals won 1-0 on an unearned run.

"We've kind of become America's team because everyone wants to see a seventh game," Dodgers manager Don Mattingly said. "Probably even

the fans in St. Louis would like to see a seventh game, so I figure that everybody's for us to win on Friday night."

The Cardinals also led last year's NLCS 3-1 before losing three straight games to the eventual World Series champion San Francisco Giants.

"We're looking to do the same thing," Gonzalez said.

A.J. Ellis also homered at Dodger Stadium, where it is tougher to clear the fences in the heavy night air. Helped by playing in 82-degree heat on a sunny afternoon, the Dodgers rediscovered their power stroke just in time to extend the series. THE ASSOCIATED PRESS

ALCS all even

Austin Jackson delivered in manager Jim Leyland's revamped lineup as the Detroit Tigers built a big lead and held on to beat the Boston Red Sox 7-3 Wednesday night to even the ALCS 2-2.

- Torii Hunter had a two-run double and Miguel Cabrera drove in two after Leyland dropped Jackson to eighth in the order. Jackson drew a bases-loaded walk for the first run in a five-run second inning.

4 SPORTS

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The Oilers have a goaltending quandary with Devan Dubnyk proving incapable of the starter's job and Jason LaBarbera merely a capable backup. BEN NELMS/GETTY IMAGES

'Tender issue: Oilers need legit stopper



THE HOCKEY NEWS

Ryan Kennedy
edmonton@metronews.ca

Not even a month into the season and the Oilers find themselves at a crossroads. A campaign that began with so much hope is tailspinning right now and though Edmonton can climb out of this hole, there is a glaring flaw to the master plan and that is in net.

Saying that starter Devan Dubnyk has to be better is insane, because he can't get much worse. His 5.43 goals-against average and .829 save percentage are brutal, but more damning is the anecdotal evidence. To wit, the crushing overtime loss to Toronto on Saturday, which saw the Oilers 30 seconds away from a

regulation victory before Maple Leafs winger Joffrey Lupul put a very stoppable shot through Dubnyk's pads. The Dave Bolland goal in overtime was the icing on the cake. But that Lupul score is the type Dubnyk needs to make if the Oilers are to get any traction this year. The defence is still a work in progress and the young stars up front aren't exactly Selke Trophy candidates.

Edmonton needs a bend-but-don't break netminder.

Jason LaBarbera, who was given a couple starts by new coach Dallas Eakins in the wake of Dubnyk's swoon, is not the answer; he is a perfect NHL backup and that's what he was in Phoenix behind Mike Smith.

The rumour mill is already warming up around the Edmonton crease and Buffalo's

Ryan Miller is at the top of the list. The Sabres will be sellers this season and Miller will certainly be in play, but at what price? Perhaps this is the time to make the radical trade, as Boston did when it sent Tyler Seguin to Dallas this summer.

Would the Oilers entertain the idea of sending Nail Yakupov to Buffalo for Ryan Miller, or to another destination where goaltending is available? It sounds crazy, but Yakupov is a great asset and that's why the Oilers collected so many first overall picks to begin with; to have pieces for either development or trade. I'm not saying it's a straight-up Miller-for-Yakupov deal; you'd have to include other parts. But 'Yak' hasn't been happy this year and Eakins doesn't have a top-six spot for him. Why not fill a need in net?

NHL

Caps blanked at home vs. Rangers

Henrik Lundqvist earned his 46th shutout, Brad Richards assisted on two New York goals less than two minutes apart in the second period, and the Rangers beat post-season foe Washington 2-0 on Wednesday to end a three-game losing streak. **THE ASSOCIATED PRESS**

NBA pre-season

Ross leads Raps past Celtics

Terrence Ross scored 19 points and Landry Fields added 14 points to lead the Toronto Raptors to a 99-97 victory over the Boston Celtics on Wednesday night.

Kyle Lowry scored 11 points while Valanciunas and Rudy Gay each added 10. **THE CANADIAN PRESS**

CFL

Ticats' Gable earns weekly honour

Hamilton Tiger-Cats running back C.J. Gable has been named the CFL offensive player of the week.

Gable rushed for 118 yards and a touchdown and added 46 receiving yards as the Ticats beat the Toronto Argonauts 24-18 last week. **THE CANADIAN PRESS**

NHL

EASTERN CONFERENCE

	GP	W	L	OL	SL	GF	GA	Pt
d-Toronto	7	6	1	0	0	27	16	12
d-Pittsburgh	6	5	1	0	0	23	15	10
Detroit	7	5	2	0	0	18	16	10
Montreal	6	4	2	0	0	20	10	8
Tampa Bay	6	4	2	0	0	23	15	8
Carolina	7	2	2	1	2	15	21	7
Boston	5	3	2	0	0	12	8	6
Ottawa	6	2	2	1	1	15	19	6
NY Islanders	6	2	2	0	2	19	17	6
Columbus	5	2	3	0	0	12	12	4
NY Rangers	6	2	4	0	0	11	25	4
Washington	7	2	5	0	0	17	24	4
Florida	7	2	5	0	0	16	28	4
New Jersey	6	0	3	1	2	11	21	3
Buffalo	8	1	6	1	0	11	21	3
Philadelphia	7	1	6	0	0	10	20	2

Wednesday's results

NY Rangers 2 Washington 0
Calgary at Anaheim

Tuesday's results

Toronto 4 Minnesota 1
Pittsburgh 3 Edmonton 2
Vancouver 3 Philadelphia 2
Ottawa 4 Phoenix 3 (OT)
San Jose 6 St. Louis 2
Colorado 3 Dallas 2
Nashville 4 Florida 3
Tampa Bay 5 Los Angeles 1
Chicago 3 Carolina 2 (SO)
Buffalo 4 NY Islanders 3 (SO)
Montreal 3 Winnipeg 0
Detroit 2 Columbus 1

Thursday's games

All times Eastern

Vancouver at Buffalo, 7 p.m.
Edmonton at NY Islanders, 7 p.m.
Carolina at Toronto, 7 p.m.
Pittsburgh at Philadelphia, 7 p.m.
Minnesota at Tampa Bay, 7:30 p.m.
Columbus at Montreal, 7:30 p.m.
New Jersey at Ottawa, 7:30 p.m.
Boston at Florida, 7:30 p.m.
Los Angeles at Nashville, 8 p.m.

WESTERN CONFERENCE

	GP	W	L	OL	SL	GF	GA	Pt
d-San Jose	6	6	0	0	0	30	9	12
d-Colorado	6	6	0	0	0	21	6	12
Chicago	6	4	1	0	1	18	15	9
Phoenix	7	4	2	1	0	20	21	9
St. Louis	5	4	1	0	0	21	13	8
Anaheim	5	4	1	0	0	18	12	8
Calgary	5	3	0	1	1	18	17	8
Vancouver	7	4	3	0	0	20	22	8
Minnesota	7	3	2	1	1	17	17	8
Los Angeles	7	4	3	0	0	17	19	8
Nashville	6	3	3	0	0	13	18	6
Winnipeg	7	3	4	0	0	17	19	6
Dallas	5	2	3	0	0	11	14	4
Edmonton	7	1	5	1	0	21	32	3

St. Louis at Chicago, 8 p.m.

San Jose at Dallas, 8:30 p.m.

Detroit at Colorado, 9 p.m.

Friday's games

St. Louis at Winnipeg, 8 p.m.
Phoenix at Anaheim, 10 p.m.

MLB PLAYOFFS

LEAGUE CHAMPIONSHIPS

(Best-of-7 series)

NATIONAL LEAGUE

ST. LOUIS (1) VS. L.A. DODGERS (3)

(St. Louis leads 3-2)

Wednesday's result

L.A. Dodgers 6 St. Louis 4

Tuesday's result

St. Louis 4 L.A. Dodgers 2

Friday's game — All times Eastern

L.A. Dodgers (Kershaw 16-9) at St. Louis

(Wacha 4-1), 8:37 p.m.

AMERICAN LEAGUE

BOSTON (1) VS. DETROIT (3)

(Series tied 2-2)

Wednesday's result

Detroit 7 Boston 3

Tuesday's result

Boston 1 Detroit 0

Thursday's game — All times Eastern

Boston (Lester 15-8) at Detroit (Sanchez

14-8), 8:07 p.m.

CFL

EAST

	GP	W	L	T	PF	PA	Pt
x-Toronto	15	9	6	0	425	394	18
x-Hamilton	15	8	7	0	384	401	16
Montreal	15	6	9	0	376	419	12
Winnipeg	15	3	12	0	313	486	6

WEST

	GP	W	L	T	PF	PA	Pt
x-Calgary	15	12	3	0	486	349	24
x-Saskatchewan	15	10	5	0	433	325	20
x-B.C.	15	9	6	0	421	390	18
Edmonton	15	3	12	0	349	423	6

x — clinched playoff berth.

Friday's game — All times Eastern

Calgary at Edmonton, 9 p.m.

Saturday's games

Toronto at Winnipeg, 3:30 p.m.

B.C. at Saskatchewan, 7 p.m.

Sunday's game

Hamilton at Montreal, 1 p.m.

NFL

Thursday's game — All times Eastern

Seattle at Arizona, 8:25 p.m.

Sunday's games

Cincinnati at Detroit, 1 p.m.

San Diego at Jacksonville, 1 p.m.

St. Louis at Carolina, 1 p.m.

Chicago at Washington, 1 p.m.

New England at N.Y. Jets, 1 p.m.

Buffalo at Miami, 1 p.m.

Dallas at Philadelphia, 1 p.m.

Tampa Bay at Atlanta, 1 p.m.

San Francisco at Tennessee, 4:05 p.m.

Cleveland at Green Bay, 4:25 p.m.

Houston at Kansas City, 4:25 p.m.

Baltimore at Pittsburgh, 4:25 p.m.

Denver at Indianapolis, 8:30 p.m.

Monday's game

Minnesota at N.Y. Giants, 8:40 p.m.

MLS

Wednesday's result

Montreal at Los Angeles

Friday's game — All times Eastern

D.C. at Kansas City, 8 p.m.

Saturday's games

Philadelphia at Montreal, 2 p.m.

Seattle at Dallas, 2:30 p.m.

Vancouver at Colorado, 6 p.m.

Columbus at New England, 7:30 p.m.

Toronto at Chicago, 8:30 p.m.

Salt Lake at Portland, 10:30 p.m.

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Horoscopes

♈ Aries

March 21 - April 20

The approaching lunar eclipse in your sign could play havoc with your emotions over the next 48 hours. There is not a lot you can do about it except hold on tight and get past it.

♉ Taurus

April 21 - May 21

Frustration could be a problem today but don't let it get out of hand or you could say things that offend people in positions of power. Also, don't get angry with others for things that are your own fault.

♊ Gemini

May 22 - June 21

You may not get the level of co-operation you want from loved ones and colleagues today but so what? You have what it takes to make a success of your life — without help.

♋ Cancer

June 22 - July 23

You may be tempted to throw caution to the wind and force through changes that cannot later be undone but think carefully before you do. The fact is you may not be thinking at all right now. It's all emotion.

♌ Leo

July 24 - Aug. 23

Others will look to you to take the lead and you must not let them down. It may be tiresome having to be the one who always makes decisions but that's part of your special role in life.

♍ Virgo

Aug. 24 - Sept. 23

It might be wise to avoid making deals over the next two or three days. Tomorrow's lunar eclipse will make it almost impossible to get straight answers to straight questions. You have been warned.

♎ Libra

Sept. 24 - Oct. 23

You may be prepared to cut corners to get what you desire but the planets warn the consequences could be dire, so think before you act. Whatever you are planning, it won't hurt to leave it a day or two.

♏ Scorpio

Oct. 24 - Nov. 22

You may think that you are involved in a battle that you cannot win but don't throw in the towel. Tomorrow's eclipse could well clear away the obstacles in your path, leaving you well placed to seize victory.

♐ Sagittarius

Nov. 23 - Dec. 21

You know what you should be doing, so why are you not doing it? You are advised to leave it a few days because tomorrow's eclipse will disrupt things dramatically, hopefully for the better.

♑ Capricorn

Dec. 22 - Jan. 20

The fewer things you have to focus on today, the less chance there is that you will get into trouble. For best results, sit back and let life come to you.

♒ Aquarius

Jan. 21 - Feb. 19

You don't have to put on an act and pretend you are happy when you are anything but. Whatever it is that has annoyed you so much, make sure the world knows about it. Kick up a fuss and get it put right.

♓ Pisces

Feb. 20 - March 20

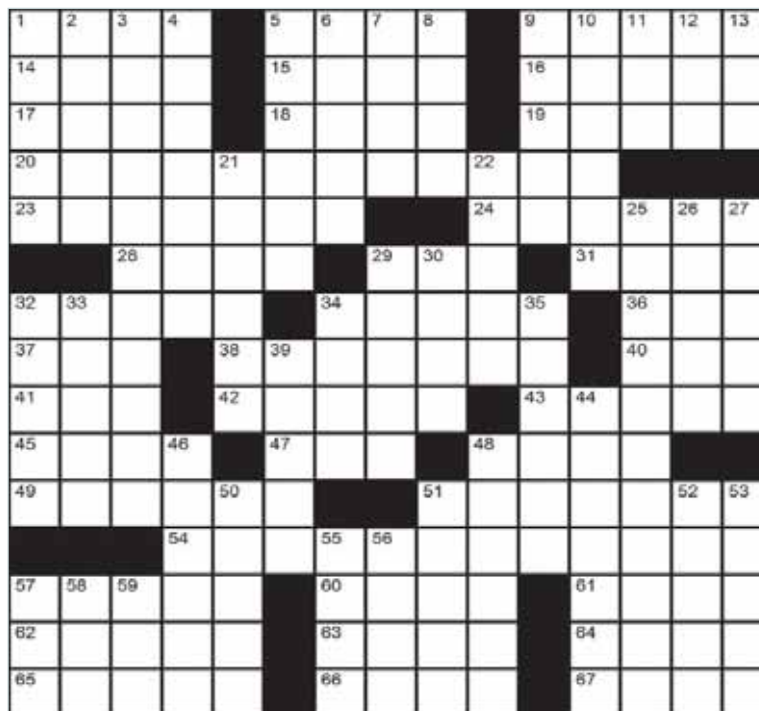
You will have to pick your way through a minefield of misinformation today. Listen to your instincts, but make sure you know all the facts too.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

- Learning basics
- Rushed letters?
- Real ___ (Authenticity)
- Billy Crystal sitcom
- Sleuth's lead
- Gnaw geologically
- Money ___ object
- ___ Saint-Luc, Quebec
- Novelist Ayn's
- Info-disclosing link at a webpage's bottom: 2 wds.
- Open land area
- "Frida" or "Ray"
- Abbrs. in business names
- ' ___ in Jasper
- Emperor of Rome
- Annually, ___ year
- "The Crucible" (1996) setting
- Resume no.
- Mil. rank
- River in Alberta; or, Valley in Manitoba
- Murder trial's li'l bit of proof
- Grammy competitor, e.g.
- Gives the cold shoulder
- Helps in dishwashing
- His 'n' ___
- Filmmaker org.
- City of France



- Help in hockey goal-making
- "I Will Wait" by ___ & Sons
- Created-in-Calgary cocktail: 2 wds.
- Where Tripoli is the capital
- Stench
- Ailed, ___ fever

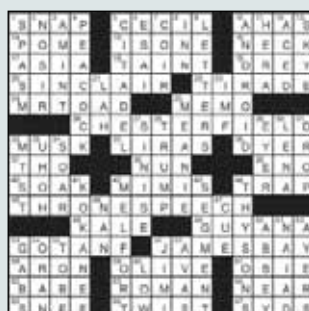
- Hall & Oates hit: "___ Education"
- One-minus-One
- ___ a shirt in
- Analyze/break down
- Roughly: 2 wds.
- "What's Hecuba to him ___ to Hecuba..." - Hamlet

Down

- Foreigner's "Cold ___": 2 wds.
- Fenway Park baseball team, to fans
- Ancient Egypt: Containers used to store the mummy's internal organs: 2 wds.
- City in Washington
- Admission
- Slippery ___
- Car
- Chemical ___ (Dermatology service)
- Thanks, in Quebec City
- Colouring book need
- Jailbird

- "The ___ Couple"
- Thumbs-up
- HOW THIS IS WRITTEN: 2 wds.
- Henrik ___ (A Doll's House playwright)
- Dino on "The Flintstones": 2 wds.
- Songbook standard: "Goodnight, ___"
- Pepsi
- ___ the Hutt
- Actress Ms. Larter's
- D-Day beach
- Monickers
- Super pleased with oneself
- Puccini opera, ___ Butterfly
- Put an ___ (Halt): 2 wds.
- Cite or make mention of: 2 wds.
- Prophetesses of classical mythology
- Clock kind
- Writing tablet
- "Saturday Night Live" alum Mike
- Variety of salad dressing
- Toronto-born rapper
- Particular pasta
- ___ Lake, Nfld.
- Jogger's once-around
- Apples: ___ Red
- Li'l office

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Weather

TODAY



MAX: 11°
MIN: -1°

FRIDAY



MAX: 7°
MIN: -1°

SATURDAY



MAX: 15°
MIN: 3°



MICHELE MCDUGALL WEATHER SPECIALIST

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